

Find us at:

www.vpas.info

friend us on Facebook

Operated by : Valley Program for Aging Services

January 2019
Harrisonburg Senior Center
Mia Olsen, Director

Mailing address: 975 S High St, Harrisonburg Va 22801

315 S. Dogwood Dr.
Harrisonburg, VA 22801
540-433-2893
Open 9a.m. to 1 p.m.

Monday	Wednesday – AT TBSC	
	2 9:30 Sit and Fit 10:15 –Taboo/Outburst 12:15 Shopping at Food Lion	Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated!
7 9:00 – Morsels and Mingling 10:15 – Eating Right – What does that mean?	9 9:30 Sit and Fit 10:15 – Music with Dan Picket 12:15 Shopping at Food Lion 12:30 – Reading with Ron Smith	
14 9:00 – Morsels and Mingling 10:15 –Nick Kozel – inspiration OR puzzles/games	16 9:30 Sit and Fit 10:15 – Book Swap – Bring your favorite book to exchange 12:15 Shopping at Food Lion	Camp Overlook may or may not be re-scheduled. We are waiting on that information.
21 Closed MLK Day	23 9:30 Sit and Fit 10:15 –Camp Overlook or National Hot Tea Month – Sampling 12:15 Shopping at Food Lion	
28 9:00 – Morsels and Mingling 10:15 – Juliette Rush and the 4yr old preschool class	30 9:30 Sit and Fit 10:15 – Bill Whiteford – Appalacian Phys therapy – Using Mechanical help correctly 12:15 Shopping at Food Lion	

Calendar Subject to Change